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THE LEMON GROVE

# REVIEW



## PeeWee swimmers may be small, but ...

By Norrie West

Nate, Michael, Robbie, Kirsten, Maddy and Katrina think it's wonderful, their three-days-a-week venture into the world of swimming under the tutelage of Shawna Dail and Ryan Daniels, coaches of PeeWee Swimming at the La Mesa city pool in MacArthur Park.

Nate Shipley is four, Michael Dick is five, Robbie Schlerf is four, Kirsten Beale is four, Maddy Allen is five and little Katrina Brown is just three.

But, you would never know it, the way they leap into the pool, where it is 10 feet deep and the way they

work their way across the 30 feet of open water to the other side.

"When they get a bit older, five and above, they will move up to the 10-and-under team of the La Mesa Swimming Association," explained Jill Lap, who manages the La Mesa pool, a busy facility for all age groups.

"Before they get into that older age division, they will compete against other PeeWee swimmers here and from around the county teams," Lapp added.

She said that they will be taught four swimming techniques - the butterfly, breaststroke, backstroke and freestyle.



Nate Shipley leads the La Mesa PeeWees into the water at the La Mesa pool. Watching are Kirsten Beale, Katrina Brown, Maddy Allen and coach Ryan Daniels. Photo by Norrie West

There are three age-group teams, the PeeWees, 10-and-under and 11-and-over, with Lapp presiding over the program that is now in its ninth year. She is beginning here 15th year at the La Mesa pool.

All three teams are closely supervised and coached by Dail, Daniels and Alysa Swaner, all experienced and talented swimmers.

A senior at Valhalla High, Daniels is the fastest distance swimmer at his school, specializing in the 200 and 500 meter freestyle. He is one of the top aquatic stars in the Grossmont League.

Lap commented that La Mesa has many programs at the pool for all ages, but considers PeeWee swimming

one of her favorites, adding that you should see them.

Lap noted that the program also has pre-school swimming lessons that will help children build their confidence while playing games in the water.

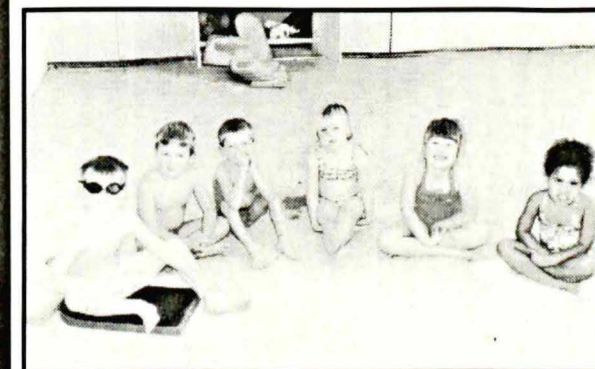
The La Mesa pool number is 466-4178.

In El Cajon, there is also a program to teach very young swimmers (non-competitive at Fletcher Hills pool) during the summer. The number is 441-1672.

In March, the Davis YMCA in La Mesa (464-1323) also has programs of a similar nature beginning.

Without their own pools, other East County commu-

Continued on Page 3



La Mesa PeeWee swimmers like (left to right) Nate Shipley - 4, Michael Dick - 5, Robbie Schlerf - 4, Kirsten Beale - 4, Maddy Allen - 5 and Katrina Brown - 3 are a confident group. Photo by Norrie West

Vol. 51, No. 28



# Commentary

by Bob Burns

Long live  
Truman

I heard it in the barber shop the other day, and sadly I must admit that it is true. The demise of trust and respect for our elected officials has been going on for a long, long time. The quote was, "We haven't had a decent president (leader) since Truman." And, you know, I think back and it is true.

As in the military, they say that we must respect the rank. In civilian life I would guess that it also means the office, but it never did mean that we had to respect the man holding it. And, though we obeyed the orders or laws, we did not necessarily like doing so. My appraisal of our past presidents has little, if any, to do with the political party they belonged to. I liked Roosevelt because he was the first that I really knew and I trusted his leadership during the war.

Truman demonstrated a solid, no BS and courageous leadership that we haven't seen again. Eisenhower was great on the battlefield, but a disappointment as president. Kennedy was popular and may well have been great had he lived long enough. Johnson was a political hack, and Nixon embarrassed us all with Watergate. Ford, really never had a chance, what with the Nixon stigmata and could have been OK, if he didn't kill someone on the golf links with his slice.

Carter was an intellectual who had difficulty comprehending, and Reagan surprised us all coming from B pictures to be an effective and honorable leader. I loved Bush for his war record, but think that his party torpedoed him with strategies that seem to be into a self destruct mode even today. This trend appears to be continuing and it looks like their hopes of a Republican victory next time is doomed.

So, now we have Clinton who is the greatest disappointment to me of all that I have lived under. He is enjoying a booming economy that is largely the doing of responsible Congress and Senate members before and since his election to the presidency. Never have we had the turmoil, the degradation and disgust of a sitting president in my lifetime.

In my estimation, the fact that we have a draft dodger in the White House is just impossible. Clinton's very obvious disdain of the military is seriously damaging our entire armed forces. I cannot believe that I, and so very many others, would have volunteered to serve under such a leader. How must our service personnel be thinking today when undergoing the hardships of Bosnia and the Gulf?

Now, we have perjury (lying under oath) and the lengthy stalling and political trickery to keep the nation from finding out just what kind of man he is. Obstruction of justice, suborning perjury and the use of legalistic double speak and semantic twisting to excuse wrongdoing is criminal.

I fear that this president has caused major damage to our country in establishing trends both in social as well as political areas. Lying, adultery and sidestepping ethics in fundraising, political campaigning and personal behavior are now seemingly OK. What kind of role model or example is this for our youth? How can the need to obey laws, or upstanding moral precepts be effectively promoted in the face of recent court decisions? How can we teach honor and truthfulness when our highest public official subscribes to neither?

I am afraid that the American people have succumbed to a sirens song of hedonism and selfishness. The deviousness and trickery that is "the game" today with politicians and lawyers is surely as addictive as the most powerful narcotic. The "fix" of prosperity, and something for nothing has gripped our nation, and I abhor the thought of how our future generations will face withdrawals. I am certain that we will one day have to pay the piper in this, and it will be nationally painful.

## Experts say getting treatment for eating disorders essential

Millions of people take eating and dieting to unhealthy extremes. Eating disorders can be life-threatening and include self-induced starvation, uncontrollable eating, excessive exercise and/or purging food through self-induced vomiting or the misuse of laxatives or diuretics (water pills).

Left untreated, these psychiatric disorders can lead to death from medical complications related to starvation/malnutrition, dehydration, and cardiac rhythm abnormalities.

"Eating disorders are most common among adolescents and young adult women, and are on the rise among men, minorities and older women," said Sandra Schein PhD, a psychologist and director of the Eating Disorders Program for Kaiser Permanente in Georgia.

Types of Eating Disorders include anorexia nervosa (involves severe, self-imposed dieting and starvation. Individuals typically refuse to eat, experience extreme weight loss, have a negative body image, and are preoccupied with food and exercise; bulimia nervosa (binge eating followed by purging before the body absorbs the food; and compulsive overeating often triggered by stress and personal problems.

"Eating disorders may cause damage to the heart, brain, kidneys and organs of the digestive, reproductive and endocrine systems," said Schein.

Those most susceptible to eating disorders are teenage girls and young adult women with a negative body image; women whose body frames are larger than the average standards; models, dancers and athletes, such as gymnasts, who seek to maintain certain weight standards; and dieters.

If you suspect a loved one has an eating disorder, encourage them to get help. Family members may consult with a health care professional.

National organizations that provide general information and support for individuals with an eating disorder, as well as for family members, include the National Eating Disorders Organization (NEDO), (918) 481-4044; American Anorexia Bulimia Association (AABA), (212) 575-6200; and Eating Disorders Awareness and Prevention, Inc. (EDAP), (206) 382-3587.

## The Lemon Grove Review

Box 127, Lemon Grove, CA  
91946 • (619) 469-0101

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### Submissions

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All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

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Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

## Lemon Grove Almanac

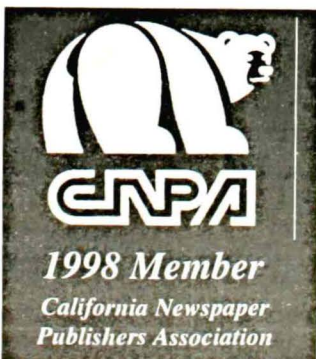
1994 Population: 25,100  
Incorporated: 1977  
Area: 3.75 sq. mi.  
Median income: \$34,399  
1996-97 city budget: \$26.3 million  
1996 taxable sales: \$265 million

Mayor: Mary Teresa Sessom  
Council: Thomas Clabby  
Craig Lake  
Dwight Shelley  
Jill Greer

City Manager: Doug Yount  
Planning Director: Linda Niles  
City Attorney: Gloria McLean  
City Clerk: Christine Taub  
Sheriff's Capt.: Yolanda Collins

Congressional district:  
52nd - Duncan Hunter  
State Senate district:  
40th - Steve Peace  
State Assembly district:  
77th - Steve Baldwin  
Supervisory district:  
2nd - Dianne Jacob

Libraries: 1  
Post offices: 1  
Parks: 4  
Recreation centers: 1



## Scholarship deadline nears

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## PUBLIC NOTICES

**NOTICE OF TRUSTEE'S SALE A.P. No. 577-734-06-00 T.S. No. 74-15892 Date: December 2, 1998 IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED February 22, 1991, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On December 29, 1998, at 10:30 A.M., HOUSEKEY FINANCIAL CORPORATION, as duly appointed trustee under and pursuant to Deed of Trust recorded February 27, 1991, as Instrument No. 1991-0084343, as Official Records in the office of the County Recorder of San Diego County, State of California, executed by Ruby Mac Fanning, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK, OR CERTIFIED CHECK (payable at time of sale in lawful money of the United States) at the entrance to the City of Oceanside Annex, 321 Nevada Street, Oceanside, Ca 92054, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: Lot 50, Blossom Hill, in the City of Lemon Grove, County of San Diego, State of California, according to map thereof No. 7607, filed in the office of the county recorder of San Diego County, April 20, 1973. The street address and other common designation, (if any), of the real property described above is purported to be: 2100 Craig Ct., Lemon Grove, Ca 92045 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances to pay the remaining principal sums of the note(s) secured by said Deed of Trust with interest and late charges thereon as provided in said note(s), advances, if any, together with interest thereon, and fees, charges, and expenses of the Trustee for an amount which as of the date of this notice is reasonably estimated to be \$18,503.52. Said amount may be greater on the day of sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned Trustee a written Declaration of Default and Demand for Sale and written Notice of Default and Election to Sell. The undersigned Trustee caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. Beneficiary's Info: HFTA First Financial Corp., fdba Transamerica Financial Services 961 Weigel Dr., Elmhurst, IL 60126 Account No.: 218203 00 225258 Foreclosure Rep.: Sandy Son Telephone Number: 630 617-6796 HOUSEKEY FINANCIAL CORPORATION As said Trustee 931 Corporate Center Drive Pomona, CA 91769 909-397-3047 By: S.R. Ferguson Assistant Secretary TAC:454988B PUB: 12-8, 12-15, 12-22**

**NOTICE OF TRUSTEE'S SALE Title Order No. 8902992 Trustee Sale No. 95 307465 Reference No. 51522072 F APN No. 576-381-13-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04/17/92, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On December 22, 1998, at 10:00 AM, Professional Lenders Alliance, LLC FKA Professional Lenders Alliance Corp as the duly appointed Trustee under and pursuant to Deed of Trust, recorded on 04/29/92 as Document No. 1992-0253713 Book ... Page 1777 of Official Records in the Office of the Recorder of SAN DIEGO County, California, executed by: TRAVIS L. CARPENTER AND MIRIAM J. CARPENTER, HUSBAND AND WIFE AS JOINT TENANTS, as Trustor, TRANSCOASTAL MORTGAGE CORP., as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state), AT: AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE AT 220 WEST BROADWAY, SAN DIEGO, CA., all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: "As more fully described on the above mentioned deed of trust". The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 1902 EISENHOWER STREET, LEMON GROVE, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$129,203.05 Estimated. Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. Date: 11/13/98, Professional Lenders Alliance, LLC FKA Professional Lenders Alliance Corp., as Trustee, 5 Hutton Centre Drive, Suite 1050, Santa Ana, CA 92707, Telephone Number: (714) 432-7115, Fax Number: (714) 432-1221, By: Ellen Nicky, Trustee Sale Officer, NPP0054876 PUB: 12/01/98, 12/08/98, 12/15/98**

**TS No.: 19989045200445 Loan No.: 0020115303 FHA/VA/MI No: 044-3109366-729 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 12/16/92, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On December 15, 1998 at 10:00 AM, Lonestar Mortgage Services, L.L.C., as duly appointed Trustee under and pursuant to Deed of Trust recorded 12/18/92, as Instrument No. 1992 0814761, in book ... page ... of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by RICARDO NAVARRO, AND MARIA E NAVARRO, HUSBAND AND WIFE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH OR CASHIER'S CHECK, (payable at time of sale in lawful money of the United States) AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE AT 220 WEST BROADWAY, SAN DIEGO, CA. (NOTE: CASHIER'S CHECK(S) MUST BE MADE PAYABLE TO LONESTAR MORTGAGE SERVICES, L.L.C. all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: As more fully described in the above mentioned Deed of Trust APN# 503-140-26-00. The street address and other common designation, if any, of the real property described above is purported to be: 3240 SWEETWATER ROAD, LEMON GROVE, CA 919452001. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$93,374.88. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. Date: 11/20/98, Lonestar Mortgage Services, L.L.C., as Trustee, MARTIN REYNOLDS, Authorized Signature, FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (916) 974-6099, 15000 Surveyor Boulevard, Suite 250, Addison, Texas 75001, LONESTAR MORTGAGE SERVICES, L.L.C., IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NPP0054242, 11/24/98, 12/01/98, 12/08/98**



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# Thanksgiving – a weekend of soccer games

by Michael Krawczak

Traditionally, the day after Thanksgiving finds millions of Americans pausing to give thanks for shopping malls. They then proceed to prove the sincerity of their appreciation by collectively deluging stores, marking the official start of the Christmas shopping season.

In recent years, a new local Thanksgiving weekend tradition has emerged. On this Thanksgiving Friday morning, and for the duration of that weekend, undeterred by rain, mud, and muck, hundreds of East County families paused to give thanks for ... soccer.

Two area AYSO-sanctioned tournaments featured several East County teams, most of which were assembled just for these tournaments. Despite precious few pre-tournament team practices, many East County tournament teams took home medals.

The 4th Annual Stuffed Turkey Tournament played out over nine fields at five venues across El Cajon, with participating teams from near and far.

When it was all over, tournament director Glenn Kelleher declared himself, "absolutely very pleased.

The teams were fantastic."

El Cajon claimed the Div. 2 Boys title, with a 3-2 win over La Mirada in the final, on the strength of goals by Sergio Cedillo, Sean Lang and Sean Kelleher.

El Cajon Coach Rex Beckham credited his defenders with holding La Mirada to two scores, and singled out the efforts of Billy Bennett, Kyle Hughes, Craig Rychel and Ryan Beckham.

The Santee Turkey Stuffers defeated the La Mesa Renegades, 1-0, on a Taylor Tomlin goal, to capture the Div. 5 Boys championship. The two teams had played to a 2-2 tie earlier in pool play.

Standouts for Coach Mark Tomlin's Turkey Stuffers included defenders Jason Swope and Colin Taylor, midfielder Nathan Wojtach and goalkeeper Mark Demchak.

The La Mesa Rotten Oranges edged the El Cajon Sting in the Div. 5 Girls final, 1-0, on an Abigail Allen goal.

In three pool games and the final, the Rotten Oranges outscored opponents, 16-1. Mia Taravella led La Mesa scorers with five goals, followed closely by Annalise Schramm, with four.]

Stellar goalkeepers Susan Reynolds and Elizabeth



A Santee Gators player winds up for a pass during a pool game against the Mesa, Ariz. Heat in the Poway Thanksgiving Tournament. The Gators won the match, 4-1, on the way to the Div. 4 boys finals on Sunday.

Photo by Mike Krawczak

Epstein shared net duties throughout the tournament.

Coach Gary Hartnett praised his entire team, including forwards Kelly Anderson and Kate Runyen, midfielders Jackie Blumenthal, Morgan Cardenas and Phoebe Hartnett and defenders Sunny Bland, Rachel Tresser and Blakely Wright.

"They made me look good," declared Hartnett.

Another Hartnett-coached team, the Div. 4 Girls La Mesa Purple People Eaters, played Rancho Santa Margarita even in the final and through double overtime, before falling in a shootout.

It was a tremendous battle that lasted 90 minutes through rain and into near darkness.

The Purple People Eaters, featuring girls from 10 fall AYSO teams, outscored tournament opponents, 21-5, including an earlier 4-3 pool victory over Ranch Santa Margarita.

Hartnett praised his assistant coach John Neill and

his players: forwards Katie Allen and Melissa Finney, midfielders Cassandra Gamboa, Joy Bland, Michelle Giorgi, Hannah Hartnett and Brittany Neill, defenders Andrea Aguirre, Shireen Khavandegaran, Allison Kram and Alicia Martes and goalkeepers Jeweli Anderson and Laura Felice.

In the Div. 3 Girls final, La Mesa Dynamite fell to Rancho Santa Margarita, 6-1.

In pool play, the Dynamite was edged by Rancho Santa Margarita, 2-1, making the visitors the only team to score on the division champions.

La Mesa defeated El Cajon and Alpine in their other pool contests. Tracy Anderson was Dynamite's top scorer. Cami Wood also had a goal.

Coach Dave Nelson singled out the play of goalkeeper Allison Cooper for stopping five Rancho Santa Margarita shots in a 20 second span in the pool game. Despite finishing Saturday's game cold, wet and miserable, the team

warmly received its tournament medals.

Also falling to Rancho Santa Margarita in the final was the Div. 3 Boys El Cajon Flash, by a score of 5-0.

The Flash breezed undefeated through three pool games, led by top scorers Brandon Scavia and Garrett Edge. Coach Jim Jarcki also noted the outstanding play of defender Nicholas Cuadri-Mellish, goalkeeper John Abel and midfielder Brandon Jarcki.

Traveling north to play in the Poway Country Shootout, the Div. 4 Boys Santee Gators sailed undefeated through four pool games, but lost a rematch with the Chula Vista Anacondas in the final, 2-1.

Santee Coaches Brian Derby and Rob Zaino were

very pleased, noting that the play of the Gators improved with each game.

Midfielder Eric Hughes played every minute of the tournament, and served as the Gators' quarterback on the field. Braxton Mahon led Santee scorers. Zach Mutter powered in two goals on long shots from the right side.

Goalkeeper Daniel Krawczak allowed just six goals in five games. Stopper Ryan Spencer was a presence all over the field. Midfielders Paul Zaino and Brian Bloemen rose to the level of play.

And so, by Sunday evening, at the end of the harried weekend, some parents and children were heard speaking wistfully of the "break" that the next day's return to work and school would provide.

## East County High School

### Sports Schedule

(as available)

Tuesday, Dec. 8 – Tuesday, Dec. 15

Check with schools for times

**Tuesday (12/8) – CIF Football finals:** Helix High School vs. Chula Vista at QualComm Stadium. *Girls Soccer:* Grossmont at home (Mira Mesa Tournament, Helix vs. El Capitan, Granite Hills (Bonita Vista Tournament)). *Boys Soccer:* Grossmont at Patrick Henry (Lewis JH), Granite Hills vs. Chula Vista. *Girls Basketball:* Granite Hills vs. USDHS (Lady Eagles Classic).

**Wednesday (12/9) – Boys Basketball:** Grossmont vs. Southwest, Granite Hills at Mira Mesa (Eagle/Vaquero Tournament (also JV)).

**Thursday (12/10) – Girls Soccer:** (boys at opposite sites) Monte Vista at Grossmont, Granite Hills at Santana, Helix at El Capitan, El Cajon Valley at Valhalla, West Hills at Mount Miguel. *Wrestling:* Monte Vista at El Cajon Valley, Mount Miguel at West Hills, Granite Hills at El Capitan, Santana at Helix, Grossmont at Valhalla. *Girls Basketball:* Granite Hills vs. Fallbrook (Lady Eagles Classic. *Girls Waterpolo:* Granite Hills at Poway Tournament (through Saturday).

**Friday (12/11) – Girls Waterpolo:** Grossmont at Villa Park (Orange County) Tournament (also Sat.). *Boys and Girls Basketball:* Grossmont, Helix (boys only away) (Hiller/Santana Tournament Finals (home). Granite Hills vs. El Camino (Eagle/Vaquero Tournament, also JV). *Girls Basketball:* Granite Hills Lady Eagles Classic championship game.

**Saturday (12/12) – Girls Soccer:** Grossmont, Helix, Granite Hills at Bonita Vista Tournament (also Sunday – semis and finals). *Boys Soccer:* Grossmont at Coronado Tournament (also Sunday). *Wrestling:* Grossmont, Helix at La Costa Canyon. Granite Hills at Southern Calif. Challenge (Murrettia HS). *Girls Waterpolo:* Granite Hills at El Cajon Valley Tournament.

**Monday (12/14) – Boys Basketball:** Granite Hills (Eagle/Vaquero Tournament, also JV) championships

**Tuesday (12/15) – Girls Soccer:** (boys at opposite sites) Santana at Monte Vista, Granite Hills at El Capitan, El Cajon Valley at Helix, Valhalla at West Hills, Mount Miguel at Grossmont. *Girls Basketball:* Grossmont at Coronado.

## ATTENTION

East County sports teams. adult or youth  
Send us your sports schedules for listing in our weekly calendar  
and stories and results for publication

Forum Publications  
c/o Marv Rosen  
PO Box 713064, Santee CA 92071

## Swimming

Continued from Page 1

nity rec departments usually know about available programs at nearby pools and at schools.

Organizations that provide classes for competitive, recreation or swim lessons include Grossmont Aquatics (698-2502), run by the Grossmont high school district.

Two others are the Heartland Swim Association (competitive (593-9252) and Lakeside's Swimming Unlimited (390-3900) which has classes for all ages.

## Helix advances to CIF finals with win over Castle Park

The hopes of the Grossmont League to win a CIF football title this year rest squarely on the shoulders of the Helix High School team.

The school will attempt to do so as the only unseeded team to advance this year to the championships.

Helix, a team that has been a perpetual title con-

tender, beat top-seeded Castle Park, 14-7, to advance to the Div. II finals.

The championship game, scheduled for tonight in QualComm Stadium at 4 p.m., will pit the Highlanders against second-seeded Chula Vista which had advanced with a narrow, 14-12 win over San Pasqual.

East County Recreation Department Phone Numbers	
Santee Community Services Dept	258-4180
Spring Valley Parks and Recreation	479-1832
La Mesa Community Services	667-1300
El Cajon Recreation Department (Kennedy Center)	441-1676
Lemon Grove Recreation Center	668-4575
Lakeside Recreation Center	443-4169

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For this space!  
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